NINTH ISSUE, 30,000 COPIES

UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics

MARCH, 1925

In Truth, man has at the center of his being the light of God. It illumines his mind, glorifies his body, and lightens his path.

10 cents a copy. $1.00 a year.

UNITY SCHOOL OF CHRISTIANITY
Kansas City, Mo.

Steadfastly facing Thee, there is no evil on my pathway.

Steadfastly facing Thee, there is no matter with its laws.

Steadfastly facing Thee, there is no loss, no lack, no absence, no deprivation.

Steadfastly facing Thee, there is nothing to fear, for there shall be no power to hurt.

Steadfastly facing Thee, there is neither sin, nor sickness, nor death.—*Emma Curtis Hopkins.*

UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by

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OMNIPRESENCE

Let thy God be all of Goodness,
All of Truth, of love, of life;
But be sure thy "all" means "allness,"
Then you'll find there is no strife
'Twixt the Infinite who governs
And the seeming sinful "me,"
For, if God is omnipresent,
Evil hath no place in me.

—*F. C. Reighter.*

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LESSON SUBJECTS

March 2-7, God, the Good:

Definition; Basis of all Treatment; Nothing but Good; All Good is God; Blaming God; The Prayer of the Absolute.

March 9-14, God as Mind:

Consciousness; Man—Mind Manifested; Know God Through Knowing Mind; Mind—Man's Power to Overcome; Mortal Consciousness; Denials and Affirmations.

March 16-21, God as Principle:

Mind Principle and Ideas; Principle of Life; Spiritual Mathematics; Principle of Christ; Principles of Christianity; Principle of Good.

March 23-28, Prayer:

Unifies Man with God; Changes Man, not God; God's Will; Based upon Law; God Answers Prayer; The Answer.

March 30-31, Unity:

Unity with Mind; Unity with Spiritual Self.

SUGGESTIONS FOR STUDY

Have at least one definite period each day which you devote to the study of the daily lesson.

Let the little lesson sermon but serve to guide you to more spiritual truths on the subject.

Use the "Word for Today" as your watchword for the day and keep your thought centered upon it.

Consider your realization each day as a stepping-stone to higher consciousness.

SUNDAY, MARCH 1

Word for Today: *Truth is its own defense. I am silent while God speaks.*

Meekness . . . means a spirit which could stand . . . so grand, so godlike as he who, because he knows the truth of being, can stand meekly and imperturbed before the false accusations of mortal mind.—*Lessons in Truth.*

In all negative arguments, let the Spirit within speak silently. Make the situation an impersonal one. Jesus before Pilate answered not a word. His silence was the answer of the powerful voice of God within him. By his keeping silent, he gave Truth an opportunity to defend him.

When one is centered in Truth he can stand calmly and steadily in the face of all adverse circumstances. His vision is upon the heights.

You do not need to justify or assist Truth. You do not help personal situations by injecting personality into them. The Truth about a situation will relieve all tension and restore peace and harmony.

A Christian is known by his good deeds, not by his theories or his promises. If you feel that in your family there is opposition to your study of Truth, talk it less and live it more. Let your life speak for Truth. Take no part in personal arguments. Let God defend his Truth in his own silent way.

"By well-doing ye should put to silence the ignorance of foolish men."

MONDAY, MARCH 2

Word for Today: *Through spiritual consciousness God is constantly being revealed to me in grander ways.*

God is Principle, Law, Being, Mind, Spirit, All-good, omnipotent, omniscient, omnipresent, unchangeable, Creator, Father, Cause, and Source of all that is.—*Christian Healing.*

This definition of God is so all-inclusive that we would do well to memorize it. God is the principle or law of good, bringing good into our lives when operated through our consciousness. God is Being, existence, and reality of good; there is no other being or reality in Truth.

God is mind, intelligence of good, science of truth. Besides this science, or mind, of good there is none other in reality. God is the Spirit of good, that which makes good alive and active.

God is omnipotent; the power of God is the only power that has reality. There is no power in that which is unlike God, for God is all.

The science of God is the science of the absolute. God is omniscience, all true science, the one and only real science. The presence of God is the only presence or being that there is in Truth; God alone has presence in the absolute. God is good, unchanging, unalterable.

God as the cause and source of all that really is, is the source of all that has spiritual reality. Good, or God, alone has presence and power.

"Thou art my god."

TUESDAY, MARCH 3

Word for Today: *I recognize but one God in my life: God, the good.*

The central proposition in the inspiration of the Spirit is that God, or Primal Cause, is good.—*Christian Healing.*

In giving spiritual treatment, we must have a foundation for our work. We must base all our thought upon some premise that is absolute. Our thought must be so engrossed in Truth that no thought is given to its opposite. To be in Spirit and to be inspired by Spirit we must base our consciousness upon spiritual things.

The cause back of all good is God. As there is no other cause in Truth, there can in reality be no other manifestation. To fix your consciousness upon the primal cause of good is to bring into your life only that which is good and real. If you think that evil and disease have back of them a causing element which has reality, you will produce things in your life according to such belief and according to the character that you give this cause.

If you would make your metaphysical treatments more effective, strengthen your consciousness of the one God. When you recognize good only as cause and effect in your life, you will find that myriad fears and diseases and limitations drop from your mind and your body. Those who manifest disease and lack, recognize some cause as producing these.

"I am God, and there is none else; *I am* God, and there is none like me."

WEDNESDAY, MARCH 4

Word for Today: *God, the good, is the only reality in my life.*

God is good and God is all, hence there can be no *real* condition but the good.—*Christian Healing.*

The Christian metaphysician uses the term "real" as synonymous with "absolute." A thing is not real simply because it has physical existence or because we can see it or handle it. Reality has permanence; it is based upon spiritual verities and truths.

Such negations as fear and disease have no place or presence in Truth, because God is all. If you take the attitude that God or good is in disease or adversity, you give disease and adversity permanence and reality. You cannot remove them from consciousness so long as you give them the substance of reality.

When you know that only the law of good can operate in your life you clear from consciousness all belief in laws, or principles, of evil. Your gods many have been scattered by the enthronement of the one God.

The healer who can keep his vision upon the one God is instrumental in lifting his patients to a consciousness of nothing but good. God, the good, becomes so real to them that they cease giving reality to other gods, gods of disease and lack. Keep your thought and vision centered upon God.

"As there are gods many, and lords many; yet to us there is one God, the Father."

THURSDAY, MARCH 5

Word for Today: *Counting my blessings, I increase my good.*

God is the sum total . . . of all good, whether manifested or unexpressed.—*Lessons in Truth.*

Today we are to add together and count up all the good in our lives. We are to see in how many ways we can find the presence of God. We shall find a law of spiritual mathematics at work when we begin this addition; it is the law of increase and multiplication. "For whosoever hath, to him shall be given, and he shall have abundance." The greater your perception of good manifest in your affairs, the greater will be the increase of good.

Consider what your change of consciousness has meant to you, since your coming into Truth. Give thanks for a consciousness of health, peace, and prosperity. Be thankful that you know how to keep your body pure, healthy, and strong. Be of good cheer that you are no longer affected by the actions of other persons, that you live the impersonal life. See how good has manifested in your affairs through your Christ consciousness.

Rejoice over the good in your environment and in your business. See only good and see all the good. In this way you will multiply and increase good. Into your vision will enter the magic of praise. Everything upon which your praise rests will flourish with good. Give thanks that you know God as really present as good in every condition.

"Good and upright is Jehovah."

FRIDAY, MARCH 6

Word for Today: *Centering my faith in God as good, I can do all things.*

If you are getting wrong results, do not believe in an angry God. You are getting the result of your acts, according to your faith.—*Christian Healing.*

God is the power within you that enables you to accomplish all things. When you have eradicated from your consciousness all beliefs in other powers, there remains but the truth, your oneness with God. You get good results from demonstrating spiritual truths, chief of which is the truth of your unity with God, the good, within you.

Truth is an idol smasher. It destroys beliefs in false gods and gods many. It reveals the truth that God is the good and that man, through his consciousness of spiritual truth, has power to manifest God.

Truth is always constructive. When it takes away, it supplies something better to fill the void. The belief in a corporeal and angry god is replaced by the consciousness of God innate in man.

If you are not demonstrating, there is no one to blame; it would do no good to blame yourself for ignorance. The solution comes through your growth in consciousness and faith in your own indwelling God. Cease blaming others for what you need to do yourself. So long as you recognize that any external power can limit you, just that long will you limit your own expression.

"If God *is* for us, who *is* against us?"

SATURDAY, MARCH 7

Word for Today: *I rejoice in the consciousness that God, the good, is all there is.*

Pray the true prayer of rejoicing and thanksgiving that All-good is the only real thing in the universe.—*Miscellaneous Writings.*

Today we sum up the points learned this week. After we have reviewed these points let us rejoice that we are lifted up to the high Christ consciousness, wherein we perceive only reality. We have left below in the valley, all beliefs that unrealities are real, all beliefs that disease and limitations have reality, all beliefs that God is other than the good.

Let us dwell on the high mountain peak of spiritual consciousness, with our vision lifted to the glory of the presence of God. Nothing else has reality or presence; God alone is real and present to us.

How do we manifest God in our lives? How do we establish God as the only reality? By keeping our vision upon God, the good. The greater our consciousness of the goodness of God, the greater will be our manifestation of God. Keeping the eye single to the good, only good can manifest.

We pray the true prayer when we have our vision centered entirely upon the good. This not only lifts us to the Christ consciousness but it also brings us the answer to prayer; our vision of good causes more good to spring into visibility. Through beholding good we perceive it multiply and increase.

"Give thanks unto Jehovah; for he is good."

SUNDAY, MARCH 8

Word for Today: *The forgiving and understanding love of Jesus Christ is expressed through me toward all people.*

To forgive is to give for—to give some actual, definite good in return for evil given.—Lessons *in Truth.*

Jesus' answer to his crucifiers was forgiveness. He understood their thought and forgave them. When he was mocked and reviled, he reviled not. He placed himself in the hands of the Father.

If for wrong you can give good, if for hate you can return love, you understand how to forgive. The secret of forgiveness is the impersonal attitude. If you think of your own personality as being injured and of some person as doing you an injury, you bind yourself to personal consciousness.

To be impersonal in forgiveness is to forgive regardless of the personal situation. This disposition will make you love the one who shows that he has not love. It will make you help that one who would not help you. You will be so filled with a desire to serve the one who is blinded by hate, that you will not be able to hate him.

Keep your vision high. Know that no man has power to harm you. Should he be blinded by the thought that he can do so, it is your duty to let your light shine and help to illuminate his vision. He needs your help, not your censure.

"Father, forgive them; for they know not what they do."

MONDAY, MARCH 9

Word for Today: *God in me is my spiritual understanding. In God I have spiritual consciousness.*

God is individually formed in consciousness in each of us, and is known to us as "Father," when we recognize him within us as our Creator, as our mind.—*Christian Healing.*

In our study of God as mind, we need to study God as the inner consciousness in man. All understanding must come through consciousness. It must come through inner perception.

We name God "Father" not because God is personal or masculine. "Father" is the term of respect that man has given to his divine Parent, the creative Mind.

Man, from the standpoint of God, has infinite consciousness; his mind is unlimited in understanding. He has capacity to understand, to create, to manifest.

Mind is science. Our forefathers were inclined to refer things to their indwelling Spirit, which they called "conscience." Conscience means "with science or with understanding." God as the science of Truth is a very substantial thing upon which to base our actions and our lives. It is spiritual and accurate.

God as the mind of spiritual truth in man means much more to man's salvation than a god without could ever mean. Having in his possession a consciousness of spiritual science, man has power to demonstrate his dominion and mastership.

"Who hath given understanding to the mind?"

TUESDAY, MARCH 10

Word for Today: *Through God mind I manifest the God man. I am God's perfect expression of man.*

God mind is constantly trying to express in every man its perfect Idea, the real and only man.—*Christian Healing.*

Through spiritual consciousness, man grasps the idea of the perfection of man. He gives up preconceived ideas of limitation when the light of spiritual truth dawns in his consciousness. The science of Truth recognizes but one pattern of man—man whole and perfect. Millions of imperfect men may fail to grasp the perfection of the one idea, but the truth still holds good. Countless millions will eventually turn to the truth of their being and behold their innate perfection.

If you wish to give yourself metaphysical treatment, recognize the truth about the one man, the truth of your own spiritual reality, the truth that God within is now manifesting through you. If you wish to treat another, in the same way, see that one as the real and perfect man of God. See Mind in him expressing the perfect man idea here and now. Raising him to your consciousness of spiritual truth, you will see him fairly glow in the glory of its light.

You demonstrate the truth and manifest the God man in proportion to your ability to perceive your perfect God mind in expression.

"They that are wise shall shine as the brightness of the firmament."

WEDNESDAY, MARCH 11

Word for Today: *Thinking Truth, I think with the mind of God.*

A key to God mind is with every one—it is the action of the individual mind. . . . Study your own mind, and through it you will find God mind.—*Christian Healing.*

If you will observe how your thoughts create and produce you will see how the Mind of God creates. You will see how necessary it is for you to think according to Truth if you would see the manifestation of spiritual thought. You can think either Truth or otherwise. When you think Truth, the mind of God in you is active.

If you would solve problems concerning the creation of the world, first solve the problem of how thought produces. Resolve all things back to Mind as Cause. Man, a little world, is far greater than he suspects. His own creation and unfoldment are typical of all similar processes, whether small or gigantic.

You have the mind of God and you think Godward when you think according to spiritual truth. When you think the truth about man, God is thinking about his perfect idea and manifestation. When you think according to the absolute, you are thinking God's thoughts. Thinking with the mind of God, you cannot think fear, hate, disease, or lack.

"Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee;* because he trusteth in thee."

THURSDAY, MARCH 12

Word for Today: *Through mind I have power to do all things.*

The one important study of man is the mind of man. It is the key to all mysteries, both religious and material.—*Christian Healing.*

Consciousness of your power to use spiritual mind forces gives you power to understand spiritual things. It gives you power to accomplish whatever you desire.

When you view through mind the so-called mysteries of life, they no longer seem mysterious. You appreciate them for what they are: manifestation according to higher mind action. You have power to perform miracles when you grasp the power of your Christ consciousness. Jesus demonstrated spiritual principles, and the product of his demonstrations was called mysterious and miraculous. Because men did not understand the power by which he worked, they did not understand the scientific character of his miracles. His miracles were based upon his consciousness of mind powers.

When you give yourself whole-heartedly to spiritual things you will have power to do mighty works. The mind of God within you is unlimited. It is promised that you can do the works of Jesus and even greater works. Your results depend upon your consciousness of power to perform.

"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind."

FRIDAY, MARCH 13

Word for Today: *Through my consciousness of the Christ mind, I erase all belief in mortal limitations.*

Narrow beliefs, foolish, ignorant beliefs, selfish beliefs, and discordant beliefs—these we have lumped together and denominated "mortal mind," or "carnal mind."—*Christian Healing.*

Metaphysicians give the name "mortal mind" to those thoughts that are not in tune with spiritual consciousness. Such thoughts include all thoughts about disease, fear, lack, hate, and adversity.

Do not think of "mortal mind" as something that of itself has power to think or to work you ill. Young students often say that mortal mind makes us do something adverse. Remember that you are the only thinker in your world. A negative thought requires a thinker and cannot operate against you without your thinking it. Without your recognition of it, it is a latent thought, inactive, unproductive. You must think adversely of yourself before adversity can be expressed in your life. The psychological process of a negative thought is the same as that of a spiritual thought.

When you withdraw your mental support from a thought, it dies. When you no longer think in a limited way, limitation cannot be produced. The scientific way is to give your whole thought to Christ. You cannot think two thoughts at once. Think spiritual truth and only that which is spiritual can operate.

"Jehovah . . . maketh the thoughts of the peoples to be of no effect."

SATURDAY, MARCH 14

Word for Today: *Through the mind of God I deny the existence of evil and affirm the allness of good.*

Whatever we affirm as true of us, manifests itself in due season . . . Whatever we deny is taken away.—*Christian Healing.*

Through Mind you give substance to thought. If disease has been produced in your body, it shows that your thought has been diseased and unhealthy. You have given mental substance to beliefs in disease and these disease beliefs have outpictured as disease in your body. To remove disease, take the substance that you are dissipating in thinking disease, and think spiritual truth instead. Affirm the presence of health, and disease will no longer have existence in you.

When you deny belief in evil, you deny it presence. Evil must always be handled as a negative belief. Evil must depend upon you for its life. When you no longer believe in it, evil can no longer exist in your life. When all that you think is good, all that manifests for you must be good.

When you think only love and peace and health, hate and chaos and disease become nothing. The Christian system of denial and affirmation found its first exponent in Jesus. We too have power through Christ to live in a world of heavenly good.

"Set your mind on the things that are above, not on the things that are upon the earth."

SUNDAY, MARCH 15

Word for Today: *In spiritual consciousness I find God. I have risen to him.*

Childlike, untrained minds say God is a personal being. The statement that God is Principle chills them . . .

Broader and more learned minds are always cramped by the thought of God as a person, for personality limits to place and time.—*Lessons in Truth.*

Many people on the bridge between the old way of thinking and practical Christianity have a feeling such as Mary had when she felt that her Lord had been taken away from her. They have given up the false concept of God and have not yet reached a realization of what God is in Truth.

Many people would rather rely upon a false belief than be compelled to exert individual effort through seeking the truth. The tendency to lean is stronger than the willingness to assert self.

No power without could ever be to you as great as the power of spiritual consciousness. Let this be a time when you rise out of old beliefs and ascend into that consciousness wherein you know the truth about God. See God as the mighty power of your own higher consciousness. Christ is risen, to you, when you have risen to the exaltation wherein you perceive the ascension of your own spirit.

This day you have risen to a higher consciousness of your higher self.

"They have taken away my Lord, and I know not where they have laid him."

MONDAY, MARCH 16

Word for Today: *Through God, all my thoughts measure up to the principle of Truth.*

Understanding reveals to us that God is a mind Principle whose foundation is *ideas*. When this character of the creative Principle dawns upon us, we see how easy it is to commune with God. —*Christian Healing.*

Studying Principle, we need to see how we become identified with God as Principle. We contact all things primarily through consciousness. We know Divine Mind through entertaining divine ideas. We know that they are divine because they measure up to Principle. Knowing Principle, we recognize the ideas that harmonize with Principle. We know God through spiritual consciousness and we feel the vitality of Principle through spiritual ideas.

To be an overcomer in Truth, the individual must measure his thoughts up to spiritual principles. He is very much like the mathematician who must measure his computations up to the scientific laws of mathematics.

When you know what is Truth, through understanding the principle of Truth, your next step is to see that all your thoughts conform to Truth.

Your success in overcoming depends upon your ability to unify your thoughts with the principle of Truth.

"Commit thy works unto the Lord, and thy thoughts shall be established" (A. V.).

TUESDAY, MARCH 17

Word for Today: *Harmonized with the principle of Life, my body expresses perfect health.*

It does not matter what you call this fundamental Principle underlying all life—the important thing is to understand it and put oneself in harmony with it.—*Christian Healing.*

Regardless of whether you call the great basis of life "God" or "Principle," the essential thing is that you adjust yourself to it and see that your bodily health increases because of your spiritual consciousness. It is quite inconsistent to think of a holy person with an unholy or unhealthy body. Even the person without metaphysical training knows that one with radiant health has back of him a radiant, healthful consciousness.

When your consciousness is harmonized with Principle, your body likewise expresses harmony; the body consciousness has manifested the perfect body. As you ascend higher and higher into spiritual consciousness, your body will transform into the perfect spiritual body.

When only Truth is in your heart, there can be no departure from Truth. Your consciousness alone animates your life and establishes what your health is to be. What your physical health is rests upon what your mental health is. Your body is a signpost to the character of your mind.

"The Law of his God is in his heart; none of his steps shall slide."

WEDNESDAY, MARCH 18

Word for Today: *God's principles and laws are scientific and exact, and all my affairs are governed by them.*

We must think from Principle. The successful mathematician bases all his calculations on the rules of mathematical science.—*Christian Healing.*

The science of Truth supplies us with definite and reliable laws upon which to base our thought and action. All spiritual laws are founded upon Principle, upon which absolute truth rests. This Principle alone must govern our thought.

The metaphysical student has a definite law of prayer and of health. He is never without the workable principle. His prayer and his treatment are scientific. The charm of the study of Truth is that it gives us a science upon which to base all that we think and do.

We see from the teaching and works of Jesus that the Great Teacher and Master relied upon spiritual truth in all that he undertook. Jesus knew that he could not fail because he worked with principles and laws that were unfailing. He maintained his identity with the great principle of Truth and kept his consciousness high and spiritual.

When you recognize that only spiritual principles can govern your affairs, no adverse thought can touch them. Think the truth and work from Principle.

"The law of Jehovah is perfect, restoring the soul."

THURSDAY, MARCH 19

Word for Today: *Christ, the principle of Truth, now rules my consciousness.*

Peter recognized in Jesus that inner principle called Christ, the Son of God.—*Christian Healing.*

In Truth, man is Christ. Jesus so perceived his spiritual manhood that he became the Christ. The great Father principle ruled his consciousness absolutely. The disciples recognized in Jesus the expression of infinite Principle, infinite in its authority and power. They saw Jesus still the waves and dispel disease through his consciousness of Principle.

When the Christ principle rules your consciousness, there can be no place for belief in laws of disease; there can be no belief that another can rule or dominate you; then no beliefs in fear and hate can govern you. Rise to your divine sonship and unify yourself in consciousness with the Christ principle.

When you are called to treat another, first disabuse his mind of all belief that people and adverse conditions can rule or affect him. If best for you to do so, you can speak Truth silently. Declare the truth that the Christ principle alone governs him. With spiritual vision see him conscious of the Christ principle. See it governing his mind as peace and harmony, governing his body as radiant health.

You can do no greater deed than to turn another to Christ and lead him to rely solely upon the Christ principle within him.

"Christ liveth in me."

FRIDAY, MARCH 20

Word for Today: *My church is founded upon Jesus Christ and his principles.*

Christianity is a science because it is governed by scientific principles of mind.—*Christian Healing.*

Primarily the spiritual temple of worship is the individual consciousness. Man must first perceive spiritual truth in consciousness. Here he makes his first contact with spiritual knowledge and spiritual science. He builds a physical temple (the body) like the one that he has worshiped in consciousness.

Unless a religion is scientific it is a failure. Those who teach that Christianity is a failure have themselves failed to understand the scientific teachings of Jesus. They are unable to do his works because they do not know the principles by which he worked. They do not know God aright.

Scientific Christianity is an ideal religion. It teaches its followers how to live and how to unfold into grander ways. Scientific Christianity is that spiritual philosophy which has for its tenets the scientific principles of Jesus Christ. It is scientific because its principles and laws are accurate, definite, and unfailing. It is Christian because it is Christlike and points each one to the Christ within him. Obeying its teachings, we follow the Christ. Following its laws, we manifest the Christ.

"You have now yielded a hearty obedience to that system of truth in which you have been instructed" (Weymouth).

SATURDAY, MARCH 21

Word for Today: *Through my holding to the Christ principle, good comes to me from everywhere.*

The higher principle appropriates the good everywhere.—*Christian Healing.*

Holding to the higher principle we see our world filled with all things good; it seems that good just springs into visibility. The principle of prosperity establishes prosperous conditions for us. The law of supply and increase predominates in our affairs and we see our prosperity increase and multiply.

Jesus multiplied the loaves and the fishes through consciously setting into operation the law, the principle, which controls increase. He brought into manifestation that which in the absolute had always existed for him. He knew that lack and poverty have no principles to sustain their presence. To him, prosperity and supply became visible long before they were seen by bystanders.

While others would have followed step by step the various "whys and wherefores," Jesus made a "rapid calculation." Through consciousness, he leaped past the workings of human mentality and applied the short cut. He applied the principle. He held to that which would not fail. He held to that which he knew to be fruitful. When others are talking lack and establishing beliefs in limitation, it is the Truth student's privilege to hold with Jesus the establishment of abundance.

"Cleave to that which is good."

SUNDAY, MARCH 22

Word for Today: *Christ has appeared in my body and it is spiritualized and glorified.*

The spiritual body of man is the conception of Divine Mind, the creation of Spirit for us. Our work is to make this body manifest.—*Christian Healing.*

When Jesus appeared in his spiritualized body, he surprised the people. They had thought of Jesus only as they had seen him in the physical. But Jesus had so identified his body with the Christ of God in him that it was no longer limited in its expression. He was able to appear in any place at will.

The spiritual body results when the mind is dematerialized of all gross thought. Then the Christ consciousness embodies itself in a spiritual body. When through consciousness the individual brings the Christ into manifestation, it expresses as a body spiritual and heavenly.

The body must be redeemed from limited thought. It must be refined and spiritualized. It must be Christianized. It must show forth the glory of the Christ of God which lives at its center.

How can we spiritualize the body? By ceasing to think negatively about it, by beginning to give our thought substance to constructive thinking, and by building into our bodies the substance of Christ. Every cell must be rebuilt with this substance.

"It is sown a body of the soul. It is raised a body of the spirit" (Rotherham).

MONDAY, MARCH 23

Word for Today: *Through prayer I am unified with God.*

When we pray in spiritual understanding, this highest realm of man's mind contacts universal, impersonal Mind; the very mind of God is joined to the mind of man.—*Christian Healing.*

Through prayer man gives up his baser thoughts and ascends into the consciousness wherein he is one with God. Prayer establishes interrelation between God and man. It causes man to see himself as blended with God. When man ascends into the exalted state wherein there are no separations, he sees God as nothing which he himself is not.

When man understands that in the absolute he is one with God, he sees that he is all-powerful and unlimited, as God is. What man does in spiritual consciousness is the action of God.

Man's reluctance to assert his spiritual nature and to claim his unity with God is responsible for man's making identity with the hosts of things unlike God. Man becomes like that with which he identifies himself.

Prayer causes man to see God within man. Through prayer the soul reaches higher and higher into the ecstasies of the realm beyond the ken of the material and of the intellectual. Through prayer man reaches upward and becomes that to which he aspires.

"I will walk in thy truth; unite my heart to fear thy name."

TUESDAY, MARCH 24

Word for Today: *Through prayer I perceive the eternal, unchanging truths of God.*

God mind expresses its thoughts so perfectly that there is no occasion for change, hence all prayers and supplications for the change of God's will to conform to human desires are futile.—*Christian Healing.*

The truth of God is unchangeable. That which is true of God today has been true forever. Were it possible for man to change God, God could not be relied upon. There can be nothing permanent and reliable about a thing which changes.

In prayer, do not take the attitude of beseeching or informing God. Take the position of realizing the truth about something which has always been true. For instance, if treating for health, do not tell God that you are sick and beseech him for wholeness.

In treatment, take the attitude of realizing what has always been true. It is an eternal truth of God that man is created perfect and whole. Simply realize this truth about God as a truth about man. Realize that nothing is true but this truth. Change your consciousness to conform to this spiritual truth. As a perfect expression of God mind, you must think God thoughts and express God in your body. Change your own thought to make it agree with the truth of God about yourself. See health manifest as the manifestation of Truth.

"For ever, O Jehovah, thy word is settled in heaven."

WEDNESDAY, MARCH 25

Word for Today: *God's will in me is expressed as the answer to my prayer.*

To pray believing that the prayer may or may not be answered at the will of God, is missing the mark. —*Christian Healing.*

The will of God in you is the expression of spiritual truth. This can never change, since there is never a change in Truth. You miss the mark in your prayer when you separate yourself from God through wrong thinking. You make connection with God when through spiritual consciousness you unite your thought with him. God's will for you today is the same as God's will has been for all men for all ages.

The answer to your prayer is your realization of your unity with God and, consequently, with all good. The answer comes when you realize the truth. Keep your mentality cleared of all thought which would delay your salvation and redemption. Remember that it is the truth that frees. No power, no person, no thing can keep you from realizing the truth. Nothing exists that can delay the answer to your prayer. When through consciousness you get the high vision of your divine sonship you may be assured of the early fulfillment of your needs.

Your confidence in God as willing to answer your prayer serves to strengthen your ability to bring the answer into manifestation. Pray steadily until you reach the confident assurance of the answer.

"They have no knowledge that . . . pray unto a god that cannot save."

THURSDAY, MARCH 26

Word for Today: *I rejoice that I know the laws of Spirit, and my prayers are answered.*

There is a law of prayer, which man will eventually recognize and apply as he now does the laws of mathematics and of music.—*Christian Healing.*

What are some of the principles upon which scientific prayer is founded? Let us go over them: Direct your thought to God within, not to some power without. Direct your thought to God as to a loving friend, not as you would to some domineering personality. Think of your oneness with God, your inseparable identity with him.

You are now ready to pray the prayer of believing that you have already received. If your prayer is based upon what is spiritually true, the answer already exists for you. You must want above all things that the answer to your prayer be an impersonal one, one which does not favor you to the exclusion of others, one which will help you to help others in some way.

If you can reach spiritual consciousness and wipe out all argument in your own mind, you have reached that realm in which prayers are made and answered at the same time. When only the truth of God remains in your mentality, only the fulfillment of his truth can manifest in your world, only the answer to your prayer can manifest.

"I hearkened and heard, but they spake not aright."

FRIDAY, MARCH 27

Word for Today: *God in me answers my prayers with an abundance of his supply.*

If we make proper connection with Divine Mind in this kingdom of heaven within us, the Father will surely answer our prayers. No good thing will he withhold from us if we comply with the law of righteous asking.—*Christian Healing.*

When through prayer we contact that mighty living fountain of power within us, we start the flow of abundance toward us. From this inner realm pours out the fulfillment of our most exaggerated expectations. We get the consciousness of just how to do whatever we desire to do. We see the solutions of all our problems. We see the actual demonstration and manifestation of what we desire.

Man has at the center of his being the key which unlocks universal treasuries. He has the abundance of God at his disposal. The riches of the kingdom within are at his command. The love of God pours forth as the solution to all problems on the plane of human love. The life of God pours out as the vitality and energy of man's physical body.

All must turn to God, God within the being of man, if they would have the bounty of God expressed in themselves. They must see salvation come as the saving power of God within themselves. They must turn their faces upward, not downward; within, not without.

"O thou that hearest prayer, unto thee shall all flesh come."

SATURDAY, MARCH 28

Word for Today: *The voice of God within me wisely answers all my questions and I am divinely led in all that I undertake.*

God answers our prayers in ideas, thoughts, words; these are translated into the realms without, in time and condition.—*Christian Healing.*

In the silence man gets the leading and the guidance as to what he should do. Thinking divine ideas, he thinks as God would think in such a situation. If one does not get specific directions in this way, he may at times be led to another who will give him information.

If we center our faith upon infinite wisdom and guidance we may rest assured that we shall receive wisdom to guide us in any circumstance. If we place ourselves under divine protection and guidance, we may expect to be wisely directed in all our steps; what we need to know will come to us, regardless of the channel through which it comes.

Prophets and seers of all ages have depended upon spiritual guidance. It seems most natural for man to have a guiding light. Instead of man's floundering around in confusion, how much more reasonable to expect him to be poised and established in peace and wisdom!

Look to the light within and expect it to shine upon your path! Expect to find a helping hand wherever you go! Others will be divinely led to lead you. God in them will help to illumine your path.

"By the lips of strangers will I speak."

SUNDAY, MARCH 29

Word for Today: *Jesus Christ is now in our midst, lifting us to consciousness of God.*

Jesus Christ was himself a parable; his life was an allegory of the experiences that man passes through in development from natural to spiritual consciousness.—*Christian Healing.*

Think of Jesus Christ as the type of perfect man. Think of his Christ consciousness as ever lifting you to a higher sense of your own Christ consciousness.

The life of Jesus is a record of what the individual must undergo in order to lift mind and body to Spirit. His experiences are your own and his solutions of his problems are solutions of your problems.

Do not think of Jesus simply as a man who once lived and died. Jesus Christ is deathless and ever living. For this reason he means much more to the practical Christian and metaphysician than he does to those who think that he died upon the cross, and after his ascension went to a far-away heaven.

Jesus Christ lives. He always has lived and always will live. Without the Christ within, man would be little above the animal. With a consciousness of Christ, man is under subjection to no power of being.

The presence of Jesus Christ is always with us. It does not leave us or desert us at any time. We have only to clear our vision to behold it. Christ is the most substantial thing in the world. Christ is that in man which identifies him with God.

"Jesus Christ *is* the same yesterday and today, *yea* and for ever."

MONDAY, MARCH 30

Word for Today: *I am unified with God, the one Mind of Truth.*

The student in the science of Being should start all his investigations and mental processes from this one Mind foundation.—*Christian Healing.*

The mind of Truth gives us the one science upon which to base our thought. The mind of God is back of all scientific thought, all spiritual mind action. This one Mind does not appear as a mind back of disease or negation. Disease has no spiritual truth back of it. Health, not disease, is founded upon the science of God.

The one Mind, the one Science, is the one foundation upon which our thought can be based. Through it alone can we become unified with God.

The science or mind of God is all that man needs by which to understand all manifestation. This Mind must be the starting point of his thought and all things must be measured up to it. Do not attempt to start with negative argument and try to make Truth coincide with it.

You may recognize your unity with God when you find yourself so at-one with spiritual thought that you do not think or believe in adversity. When the one Mind becomes to you the one and only mind, then can you truly say that you are one with it.

Have but one God, one Mind, before you. When once you grasp the truth of the one Mind, you will no longer believe in minds many.

"One there is who is good."

TUESDAY, MARCH 31

Word for Today: *My spirit is unified with the Spirit of God.*

The self of man is spiritual and when in direct conscious unity with the parent Mind it has permanently formative power.—*Christian Healing.*

When the mind or spirit of man is consciously connected with the great universal Mind or Spirit, into man pours all the creative power of God. This is the greatest unity man can make. It is perfect union with God. In this state man no longer looks upon himself as finite or limited. He is the mouthpiece of the Infinite. He is the manifest expression of Spirit unmanifest.

Unified with the mind of God, man thinks the living thoughts of God. His own mind no longer thinks thoughts of hate. United with God's mind, man has made unity with his own spiritual consciousness. He thinks the truth in all things.

How do you make unity with Divine Mind? By centering your thought there. You must first know spiritual truth, then realize it. The more you think spiritual truth, the easier it will be for you to think heavenward. You will establish a certain thought habit which makes right thinking easy. Your business is to think only divine thoughts. Thinking divine thoughts, you will come to the consciousness in which you no longer exist apart from God; there will be only God in expression.

"The Lord said to my Lord, Sit thou at my right hand" (A. V.).

THE SAYINGS OF LAO-TZU

(Chinese Mystic, 6th Century B. C.)

To the not-good I would also be good, in order to make them good.

The excellence of a mind is its profundity; the excellence of giving is charitableness; the excellence of speech is truthfulness.

He who embraces unity of soul by subordinating animal instincts to reason will be able to escape dissolution.

To see oneself is to be clear of sight. Mighty is he who conquers himself.

He who knows how to shut uses no bolts—yet you cannot open. He who knows how to bind uses no cords—yet you cannot undo.

He who possesses the secret of life . . . will not flee from rhinoceros or tiger . . . because he has no spot where death can enter.

The mind directing the body is called strength.

Use the light that is in you to revert to your natural clearness of sight.

He who knows others is clever, but he who knows himself is enlightened.

Goodness strives not, and therefore it is not rebuked.

Without looking you shall see.

Keep the mouth shut, close the gateways of sense, and as long as you live you will have no trouble.

He who knows the eternal law is liberal-minded. Being liberal-minded, he is just. Being just, he is kingly. Being kingly, he is akin to Heaven.

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